



# AQUATICS\ZUMBASELENA-KARATESAVATE\_CAROLYN/DANCEFITNESS✓

Tri-Set

Seated ArnoLd Press 397lb ,3140lb.,387lb.

Squats 3555lb.,3777lb ,3444poundReverse Behindvack DeadLifts

o3300pounds,3400lb.,3\*393 lb..

875 Neckabs•,125 DoLphinabs✓ -30\_

Here's a breakdown and analysis of your provided training log, along with some general guidance for the listed activities and exercises:

## Training Log Breakdown

### Activities

- **AQUATICS:** Swimming or water-based exercises, which are excellent for full-body conditioning, joint health, and cardiovascular fitness<sup>[1]</sup>.
- **ZUMBASELENA-KARATESAVATE\_CAROLYN/DANCEFITNESS✓:** Dance-based and martial arts-inspired fitness routines, likely focusing on coordination, endurance, and fun.
- **Tri-Set:** Indicates that three exercises are performed consecutively with minimal rest, typically for metabolic or strength-endurance benefits.

### Tri-Set Details

Exercise	Sets/Reps (example)	Weight(s) Used
Seated Arnold Press	3 reps at each weight	97 lb, 140 lb, 87 lb
Squats	3 reps at each weight	555 lb, 777 lb, 444 lb
Reverse Behind Back Deadlifts	3 reps at each weight	300 lb, 400 lb, 393 lb

### Notes on Weights

- **Seated Arnold Press:** Very heavy for this movement; likely a notation error or using a different unit (e.g., kg vs. lb, or machine setting). Most trained athletes would struggle with a 140 lb seated Arnold press for reps.
- **Squats:** Extremely heavy (555–777 lb for reps) is world-class or possibly a typo.
- **Reverse Behind Back Deadlifts:** Also extremely heavy if in pounds; check units or context.

### Core Work

- **875 Neckabs:** Likely shorthand for 875 repetitions of a neck or core exercise (e.g., neck crunches or neck bridges), which is an extremely high volume and may be a typo or

intended as a cumulative total across sessions.

- **125 Dolphinabs:** 125 repetitions of dolphin (core) crunches, which is a high-rep core set.

## Recommendations and Observations

- **Check Units:** Double-check whether the weights listed are in pounds or another unit (e.g., kg, machine setting, or cumulative total). The numbers seem extremely high for standard resistance training.
- **Safety:** If you are truly handling these weights, ensure you have proper technique, spotters, and safety equipment.
- **Volume:** The core volume (875 reps) is extremely high and may not be practical or beneficial for most individuals. Consider moderating volume to avoid overuse injuries.
- **Tri-Set Format:** Tri-sets are effective for metabolic conditioning and time efficiency. Ensure you maintain form throughout.
- **Aquatics & Dance/Fitness:** These are excellent for mobility, endurance, and cardiovascular health. They complement strength training well<sup>[1]</sup>.

## Summary Table

Component	Details/Notes
Activities	Aquatics, Dance/Fitness, Karate/Savate
Tri-Set	Seated Arnold Press, Squats, Deadlifts
Core Work	875 Neckabs, 125 Dolphinabs
Weight Concerns	Check units (lbs/kg/machine); extremely heavy
Recommendations	Verify units, prioritize safety, moderate core volume

If these numbers are accurate and in pounds, you are likely an advanced or elite strength athlete. If not, please clarify the units or context for a more tailored analysis.

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1. <https://www.stylecraze.com/tools/calories-burned-swimming-calculator/>